

HAYAGRIVA NEWS



The Newsletter of Hayagriva Buddhist Centre

Hayagriva Buddhist Centre ~ 64 Banksia Terrace, Kensington, Western Australia 6151 ~ Telephone (office) - (08) 9367 4817 ~ welcome@hayagriva.org.au

June - July 2012

Celebrate Saka Dawa - 4 June 2012

Saka Dawa is one of the four holy Buddhist festivals and Ven Dondrub recommends that we take a day off work on Saka Dawa Day 4 June 2012. Saka Dawa actually commences 21 May (new moon) and runs for one month. This is traditionally a time to try to avoid eating meat, be careful with our actions (remembering the karmic consequences) and make as much merit as possible. So fantastic to join our retreat at Mt Helena because it is during Saka Dawa month!

The full moon day of Saka Dawa on 4 June commemorates Lord Buddha's birth, enlightenment, and parinirvana (the state entered when a buddha "passes away").

The program at HBC on this day is as follows:

- 6:00am 8 Mahayana Precepts
- 2pm help set out extensive offerings (water bowls, candles, flowers, food)
- 7 pm Light offering practice
- 7:30pm Shakyamuni Buddha Puja

We also give you the opportunity to practice generosity and donate some dry goods, canned or long shelf life food items to offer during the puja. These items will be donated to a local charity. There will be a clearly marked box set up at HBC for you to place your items.

As cited by Lama Zopa Rinpoche in the Vinaya text Treasure of Quotations and Logic, virtuous actions done on this day are multiplied one hundred million times. Practices specifically recommended by Rinpoche for Saka Dawa include: Taking the Eight Mahayana Precepts, doing the Nyung Nay purification practice, and performing the Guru Shakyamuni Buddha puja. It is also good to recite the Sanghata sutra, or the Golden Light Sutra, with extensive dedications.



Geshe Sonam - Arriving 2 June 2012

Director's Column - John Waite

I was just thinking the other day that it had been nearly 6 years since Kyabje Zopa Rinpoche advised to have a resident Geshe teaching at the centre as well as Ven Dondrub. I was going over the travel; visa applications, time and money spent, and finished musing with the hope that we could fulfil Rinpoche's advice soon. I went to open my email and there was an email from Geshe Sonam informing me that a visa had been stamped into his Identity card and he had it in his hand. In many ways this is the same as our daily practise; we keep working away over time without seeing our progress but I think if we check we'd see gradually improvements.

Geshe Sonam is arriving in Perth on the 2nd of June so we will be having a welcoming ceremony early Saturday morning then a welcome party on Sunday afternoon when Geshe la and Matt have had a chance to get over their travels.

With Geshe Sonam's arrival there will be changes to the program at the centre so keep an ear open for announcements. Many other aspects will also see change in the course of getting everyone settled and looked after.

We are still working on improving governance issues within the centre; this will become more important as we grow. We still need to have the policies agreed upon last year properly in place, so there is a lot to be done.

I'd like to welcome Cindy Armstrong onto the committee as secretary; thanks for taking on this role. Also thanks to a couple of other members who offered to take on this role as a result of last newsletter.

A big thanks to the volunteers who spent many hours working at the special busy bee, sprucing up the centre. The new prayer flags, cleanliness and air of tidiness create that cared-for look. and we now have a magnificent paved path between the centre and house. Many thanks to Matt D, Jude and Rob, Felicity, Jarka, Kirsty, Paul, Vic, Michael, but thank you all.



Geshe Sonam with students

Annual Meditation and Purification Retreat 8-18 June 2012, Mt Helena Theosophical Society

A range of options available to suit your time availability including:

- 3 day Lam Rim retreat over the first weekend
- 7 day Lam Rim retreat
- Nyung Nay over last weekend
- 10 day complete retreat



See website or drop in at the centre for cost, dates and registration.

Please register as soon as possible to allow for adequate planning etc.

Why participate in a meditation retreat? Here are some words from Lama Yeshe to inspire you -

“Through meditation, you learn about the nature of your mind rather than the sense world of desire and attachment. Why is this important? We think that worldly things are very useful, but the enjoyment they bring is minimal and transient. Meditation, on the other hand, has so much more to offer – joy, understanding, higher communication and control. Control here does not mean that you are controlled by somebody else, but rather by your own understanding knowledge-wisdom, which is a totally peaceful and joyful experience. Thus, meditation is very useful.”



Lama Thubten Yeshe

Venerable Dondrub’s WA Outreach Teaching Schedule

We are extremely fortunate to have Venerable Dondrub as our resident teacher. His engaging and clear presentation of the Mahayana teachings are highly sought out around the world, within Australia and within Western Australia. You may be aware of Venerable’s weekly travels to Bunbury to teach at our sister centre, Hospice of Mother Tara. Venerable also regularly journeys to Albany and Broome to give teachings, most recently teaching in Albany this May.



Albany students attending Venerable Dondrub’s teaching Aug. 2011

PROGRAM - June/ July

HHDL Birthday

His Holiness Dalai Lama’s birthday on Friday 6 July 2012. Join us at HBC from 7:30pm for practices and celebration of His Holiness Dalai Lama’s 77th birthday.

First Turning of the Wheel/ Lama Yeshe Day/ IMI Day - 23 July 2012

A massive amount to rejoice in on this day.

The First Turning of the Wheel of Dharma is one of the special Buddhist Holy Days. This year it occurs on 23 July. It is a day when merit is multiplied and that we should observe carefully and joyfully. At Hayagriva, precepts will be taken at 6:00 am, followed by setting up the water bowls at 2 pm, then offering lights at 7 pm followed by a Shakyamuni Buddha Puja at 7:30 pm.

In Deer Park, the Buddha “turned the wheel of Dharma” for the first time. This means he shared with his audience the teachings of the Buddhist Dharma or Truth. In this first Dharma talk, the Buddha explained the Four Noble Truths and the doctrine of no-self (anatman).



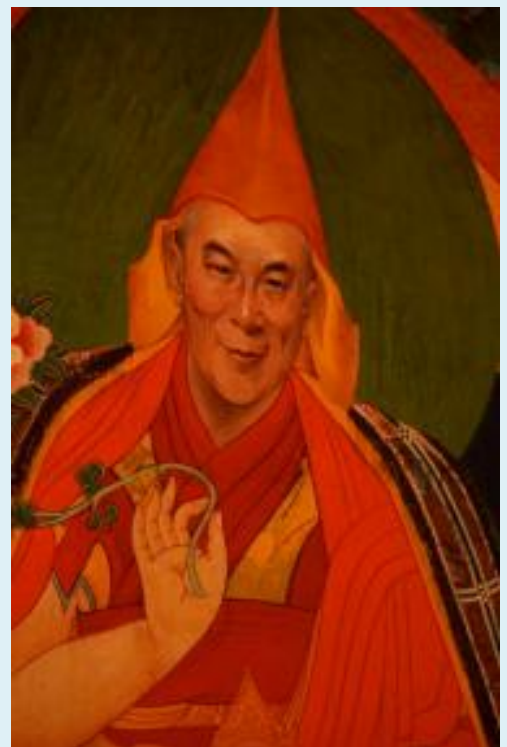
On this day, we also reflect on and rejoice in the incredible life of Lama Yeshe, the founder of the Foundation for the Preservation of the Mahayana Tradition (FPMT). Without Lama Yeshe’s love, compassion, wisdom and amazing energy and vision, many of us would not have connected to the Dharma and had the support and structure of the FPMT.

The 23 July 2012 is also the day in which the International Mahayana Institute (IMI) Sangha are celebrated. Today, over 300 monks and nuns continue to serve as teachers, retreat leaders, directors, program coordinators, editors and counsellors in FPMT centres worldwide. These dedicated and inspiring nuns and monks keep the Dharma alive through their practice and teachings. Rejoice!

Regular Tuesday and Wednesday night teachings

Over the next few months Venerable Dondrub will be leading the Annual Lam Rim retreat, followed by a well deserved break from his teaching schedule. Also at this time Geshe Sonam will be settling into Perth and planning his teaching schedule. The teaching schedule over the next few months is, therefore, likely to be a bit more spontaneous than usual.

This would be a great time to sign up for the e-news (email) mailout. You will receive weekly emails for the events coming up in the next 10 days. If you would like to sign up, send an email to ‘welcome@hayagriva.org.au’ requesting to be added to the e-news mailout.



Real life painting of His Holiness Dalai Lama, Norbulingka Institute, India

June 2012

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
28/5 <i>Beginner Vinyasa Yoga</i> (Beginner/General) 6:00pm - 7:00pm Lewanna Newman <i>Meditation</i> Suitable for all 7:30pm - 8:30pm	29/5 <i>Vinyasa Yoga 1 (beg/gen)</i> 6:00pm-7:00pm - Jude Carter <i>Lam-Rim</i> 7:30pm - 9:00pm - Ven Dondrub	30/5 <i>Gentle Hatha yoga</i> 10:00am-11:00am - Jude Carter <i>TSOG Only - 6:00pm</i> <i>Discovering Buddhism:</i> <i>Samsara and Nirvana 5</i> Venerable Dondrub	31/5 <i>Hatha Vinyasa Yoga</i> 9:00am-10:00am - Jude Carter <i>Vinyasa Yoga 2</i> (general/experienced) 6:00pm-7:00pm - Lewanna Newman	1 Welcome Ceremony for Geshe Sonam at the Centre 9:30am Wheel of Life: Prayers for the Deceased 2:00pm - 3:00pm	2 <i>DB Retreat: Samsara and Nirvana</i> 10:00am-4:30pm Ven Dondrub <i>Welcome Geshe La Party</i> 6:00pm	3 <i>DB Retreat: Samsara and Nirvana</i> 10:00am-4:30pm Ven Dondrub <i>Welcome Geshe La Party</i> 6:00pm
4 SAKA DAWA 6:00am - Precept 2:00pm - Extensive Offering <i>Beginner Vinyasa Yoga</i> (Beginner/General) 6:00pm - 7:00pm Lewanna Newman <i>Shakyamani Buddha Puja</i> 7:00pm - 8:30pm Owen Cole	5 <i>Meditation</i> 10:00am - 11:00am - Venerable Drolma <i>Vinyasa Yoga 1 (beg/gen)</i> 6:00pm-7:00pm - Jude Carter <i>Lam-Rim</i> 7:30pm - 9:00pm - Ven Dondrub	6 <i>Gentle Hatha yoga</i> 10:00am-11:00am - Jude Carter <i>Yin Yoga and Meditation</i> 6:00pm-7:00pm - Jude Carter	7 <i>Hatha Vinyasa Yoga</i> 9:00am-10:00am - Jude Carter <i>Vinyasa Yoga 2</i> (general/experienced) 6:00pm-7:00pm - Lewanna Newman	8 <i>Lam Rim Retreat:</i> 8-18 June	9 <i>Hatha Vinyasa Yoga</i> (beginner / general) 8:00am-9:00am - Jude Carter	10 <i>Sunday Meditation</i> 10:00am - 11:00am Angela Doyle
11 <i>Beginner Vinyasa Yoga</i> (Beginner/General) 6:00pm - 7:00pm Lewanna Newman <i>Meditation</i> Suitable for all 7:30pm - 8:30pm	12 <i>Meditation</i> 10:00am - 11:00am - Venerable Drolma <i>Vinyasa Yoga 1 (beg/gen)</i> 6:00pm-7:00pm - Jude Carter <i>Teaching - TBA</i>	13 <i>Gentle Hatha yoga</i> 10:00am-11:00am - Jude Carter <i>Yin Yoga and Meditation</i> 6:00pm-7:00pm - Jude Carter <i>Teaching - TBA</i>	14 <i>Hatha Vinyasa Yoga</i> 9:00am-10:00am - Jude Carter <i>Vinyasa Yoga 2</i> (general/experienced) 6:00pm-7:00pm - Lewanna Newman <i>Guru Puja</i> 7:30pm - 9:30pm - Venerable Dondrub	15	16 <i>Hatha Vinyasa Yoga</i> (beginner / general) 8:00am-9:00am - Jude Carter Wheel of Life Study Group: <i>Nature of Compassion</i> 2:00pm - 4:00pm	17 <i>Sunday Meditation</i> 10:00am - 11:00am Laure Musy
18 <i>Beginner Vinyasa Yoga</i> (Beginner/General) 6:00pm - 7:00pm Lewanna Newman <i>Meditation</i> Suitable for all 7:30pm - 8:30pm	19 <i>Meditation</i> 10:00am - 11:00am - Venerable Drolma <i>Vinyasa Yoga 1 (beg/gen)</i> 6:00pm-7:00pm - Jude Carter <i>Teaching - TBA</i>	20 <i>Gentle Hatha yoga</i> 10:00am-11:00am - Jude Carter <i>Yin Yoga and Meditation</i> 6:00pm-7:00pm - Jude Carter <i>Teaching - TBA</i>	21 <i>Hatha Vinyasa Yoga</i> 9:00am-10:00am - Jude Carter <i>Vinyasa Yoga 2</i> (general/experienced) 6:00pm-7:00pm - Lewanna Newman	22	23 <i>Hatha Vinyasa Yoga</i> (beginner / general) 8:00am-9:00am - Jude Carter <i>Beginner Yoga</i> 9:15am-10:15am - Jude Carter <i>Medicine Buddha Puja</i> 4:30pm - 6:00pm - Ven Dondrub	24 <i>Sunday Meditation</i> 10:00am - 11:00am Ven Dondrub
25 <i>Beginner Vinyasa Yoga</i> (Beginner/General) 6:00pm - 7:00pm Lewanna Newman <i>Meditation</i> Suitable for all 7:30pm - 8:30pm	26 <i>Meditation</i> 10:00am - 11:00am - Venerable Drolma <i>Vinyasa Yoga 1 (beg/gen)</i> 6:00pm-7:00pm - Jude Carter <i>Teaching - TBA</i>	27 <i>Gentle Hatha yoga</i> 10:00am-11:00am - Jude Carter <i>Yin Yoga and Meditation</i> 6:00pm-7:00pm - Jude Carter <i>Teaching - TBA</i>	28 <i>Hatha Vinyasa Yoga</i> 9:00am-10:00am - Jude Carter <i>Vinyasa Yoga 2</i> (general/experienced) 6:00pm-7:00pm - Lewanna Newman	29 <i>Guru Puja</i> 7:30pm - 9:30pm Venerable Dondrub	30 <i>Hatha Vinyasa Yoga</i> (beginner / general) 8:00am-9:00am - Jude Carter <i>Beginner Yoga</i> 9:15am-10:15am - Jude Carter	17 <i>Sunday Meditation</i> 10:00am - 11:00am Laure Musy

July 2012

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>2 Beginner Vinyasa Yoga (Beginner/General) 6:00pm-7:00pm - Lewanna Newman</p> <p>Meditation Suitable for all 7:30pm - 8:30pm</p>	<p>3 Meditation 10:00am - 11:00am Venerable Drolma</p> <p>Vinyasa Yoga 1 (beg/gen) 6:00pm-7:00pm - Jude Carter Teaching - TBA</p>	<p>4 Gentle Hatha yoga 10:00am-11:00am - Jude Carter</p> <p>Yin Yoga and Meditation 6:00pm-7:00pm - Jude Carter Teaching - TBA</p>	<p>5 Hatha Vinyasa Yoga 9:00am-10:00am - Jude Carter</p> <p>Vinyasa Yoga 2 (general/experienced) 6:00pm-7:00pm Lewanna Newman</p>	<p>6 HHDL Birthday</p> <p>Long Life Prayer and Birthday Cake 7:30pm - 9:30pm</p>	<p>7 Hatha Vinyasa Yoga (beginner / general) 8:00am-9:00am - Jude Carter</p> <p>Beginner Yoga 9:15am-10:15am - Jude Carter</p> <p>Busy Bee - 9:00am - 11:00am</p> <p>Wheel of Life: Prayers for the Deceased 2:00pm - 3:00pm</p>	<p>8 Sunday Meditation 10:00am - 11:00am Angela Doyle</p>
<p>9 Beginner Vinyasa Yoga (Beginner/General) 6:00pm-7:00pm - Lewanna Newman</p> <p>Meditation Suitable for all 7:30pm - 8:30pm</p>	<p>10 Meditation 10:00am - 11:00am Venerable Drolma</p> <p>Vinyasa Yoga 1 (beg/gen) 6:00pm-7:00pm - Jude Carter Teaching - TBA</p>	<p>11 Gentle Hatha yoga 10:00am-11:00am - Jude Carter</p> <p>Yin Yoga and Meditation 6:00pm-7:00pm - Jude Carter Teaching - TBA</p>	<p>12 Hatha Vinyasa Yoga 9:00am-10:00am - Jude Carter</p> <p>Vinyasa Yoga 2 (general/experienced) 6:00pm-7:00pm Lewanna Newman</p>	<p>13 Guru Puja 7:30pm - 9:30pm Owen Cole</p>	<p>14 Hatha Vinyasa Yoga (beginner / general) 8:00am-9:00am - Jude Carter</p> <p>Beginner Yoga 9:15am-10:15am - Jude Carter</p>	<p>15 Sunday Meditation 10:00am - 11:00am Paul Turner</p>
<p>16 Beginner Vinyasa Yoga (Beginner/General) 6:00pm-7:00pm - Lewanna Newman</p> <p>Meditation Suitable for all 7:30pm - 8:30pm</p>	<p>17 Meditation 10:00am - 11:00am Venerable Drolma</p> <p>Vinyasa Yoga 1 (beg/gen) 6:00pm-7:00pm - Jude Carter Teaching - TBA</p>	<p>18 Gentle Hatha yoga 10:00am-11:00am - Jude Carter</p> <p>Yin Yoga and Meditation 6:00pm-7:00pm - Jude Carter Teaching - TBA</p>	<p>19 Hatha Vinyasa Yoga 9:00am-10:00am - Jude Carter</p> <p>Vinyasa Yoga 2 (general/experienced) 6:00pm-7:00pm Lewanna Newman</p>	<p>20 Medicine Buddha Puja 7:30pm - 8:30pm</p>	<p>21 Hatha Vinyasa Yoga (beginner / general) 8:00am-9:00am - Jude Carter</p> <p>Beginner Yoga 9:15am-10:15am - Jude Carter</p> <p>Wheel of Life Study Group: Healing Power of Compassion and Healers 2:00pm - 4:00pm</p>	<p>22 Sunday Meditation 10:00am - 11:00am Angela Doyle</p>
<p>23 1st turning of Wheel/ IMI/ Lama Yeshe Day 6:00am - Precepts (to be done at home) 2:00pm - Extensive Offering</p> <p>Beginner Vinyasa Yoga (Beg / Gen) 6:00pm-7:00pm - Lewanna Newman</p> <p>7:00pm Shakyamuni Buddha Puja Owen Cole</p>	<p>24 Meditation 10:00am - 11:00am Venerable Drolma</p> <p>Vinyasa Yoga 1 (beg/gen) 6:00pm-7:00pm - Jude Carter Teaching - TBA</p>	<p>25 RELICS Perth Town Hall Gentle Hatha yoga 10:00am-11:00am - Jude Carter</p> <p>Yin Yoga and Meditation 6:00pm-7:00pm - Jude Carter Teaching - TBA</p>	<p>26 RELICS Perth Town Hall Hatha Vinyasa Yoga 9:00am-10:00am - Jude Carter</p> <p>Vinyasa Yoga 2 (general/experienced) 6:00pm-7:00pm Lewanna Newman</p>	<p>27 RELICS Perth Town Hall</p>	<p>28 RELICS Perth Town Hall Hatha Vinyasa Yoga (beginner / general) 8:00am-9:00am - Jude Carter</p> <p>Beginner Yoga 9:15am-10:15am - Jude Carter</p> <p>Guru Puja 4:30pm - 6:30pm - Owen Cole</p>	<p>29 RELICS Perth Town Hall Sunday Meditation 10:00am - 11:00am Angela Doyle</p>
<p>30 Beginner Vinyasa Yoga (Beginner/General) 6:00pm-7:00pm - Lewanna Newman</p> <p>Meditation Suitable for all 7:30pm - 8:30pm</p>	<p>31 Meditation 10:00am - 11:00am Venerable Drolma</p> <p>Vinyasa Yoga 1 (beg/gen) 6:00pm-7:00pm - Jude Carter Teaching - TBA</p>					

Holy Relics Exhibition - 26 to 29 July 2012



A collection of the Holy Buddhist Relics of the Great Stupa of Universal Compassion, Bendigo, Victoria, first came to Hayagriva Buddhist Centre several years back. It was a joyous occasion with some spending the whole days at the Centre with the relics. Some even spent the night at the Centre! Buddhists from other Centres and denominations came to HBC to view the relics and great friendships were borne.

HBC has once again been given the honour to host the Holy Relics. In order to benefit even more people this time, HBC has decided to hold the Holy Relics Exhibition in the City of Perth Town Hall at the corner of Hay Street and Barrack Street. The Exhibition will be open to the public from Thursday 26 to Sunday 29 July. Official opening with invited guests is on Wednesday 25 July.

This Exhibition will give the people of Perth, and especially HBC members, an opportunity to accumulate vast merit. By coming into close contact with them, paying homage or making

offerings, you will accumulate vast merit. You can receive personal blessings from the Relics as well.

So that as many people as possible can benefit from the Holy Relics Exhibition, HBC is opening up many opportunities for you to participate. You can:

- offer your services as a volunteer
- donate to the cost of setting up the exhibition

We have already received sponsorship for printing services, transportation and catering, and look forward to receiving donations, full or part sponsorship of the following:

- Hire of Perth Town Hall \$ 6,000
- Press Advertising, posters, brochures & other publicity materials \$ 4,500
- Hire of display panels \$ 850
- Hire of props – tables, table skirts etc \$ 800

For donations and sponsorship, please contact:

- John Waite 0408 901 306
- Marlene Robins 0419 278 184
- A K Ch'ng 0417 976 835

Those who would like to volunteer their services or need more information, please contact HBC on 93674817 between 10 am to 2 pm daily or send an email to welcome@hayagriva.org.au

Lama Zopa Rinpoche's Recent Advice on: Why We Need Dharma and Dharma Centers

"Regarding the world situation there are three questions.

Firstly, someone in Delhi told me recently that a big question in the world is that more and more people don't trust their government any more.

Without Dharma, without compassion, there is self-cherishing thought and no compassion for other sentient beings' suffering and happiness. Working in government with self-cherishing thoughts, ignorance grasping at the 'I', the mind is selfish so the motivation is selfish. Ultimately you are working for yourself and your own happiness, but with a selfish mind there is not even the success of the happiness of this life.

As the great saint Shantideva said in the Bodhicaryavatara: if one doesn't exchange oneself for others, full enlightenment cannot be achieved; even in samsara there is no happiness.

To stop problems people need Dharma education. Buddhism is differentiated from other religions by compassion to all living beings: hell beings, hungry ghosts, animals, humans, asuras and suras, every single being. As well, in Buddhist practice you develop wisdom, knowing what is right or wrong, what is the right or wrong decision, what is the right or wrong lifestyle.

What is wrong and what is right? That is a huge question. In the world, what people believe is right is wrong and what they believe is wrong is right. So we need right wisdom. The more Dharma you learn the more and more wisdom you develop. That becomes complete when you achieve full enlightenment. It is not endless, you can complete it. That brings more and more peace and happiness in the world.

That is why you need a Dharma center, which offers the opportunity to learn Dharma. You can see establishing more and more Dharma centers is the most important help for sentient beings, for this world, for this country. It is of the utmost need."



To read the full transcript go to: www.fpm.org/teachers/zopa/advice.html

Healing and Wholeness

There are no experts at the Ultimate Healing Book Club which meets every month to discuss Rinpoche's book by the same name. Instead we all come with our own fragmented experience of sickness, recovery and bereavement to contribute to the whole...or the healing. The group has a discussion format as we try to reconcile the Buddhist view with our own experience and that of friends and family. Something in your own experience may resonate with another and deepen their understanding and vice-versa.

Last week in our discussion group on Chapter 2, "Successful Healing", it was pointed out that a lot of people confuse the Buddhist approach to illness as a sort of fatalism "I have created the cause therefore I have no choice but to suffer the consequences." Popular culture often takes the opposing view that the only approach is "I'm going to think positive and fight this" This approach is always warfare - my ego versus the universe.

News reports often highlight this heroic battle when they say X lost her/his long battle with cancer. From this perspective death is always a defeat or a failure rather than an inevitable rite of passage awaiting us all.

Buddhism and meditation offers a route between these two polarities. Rinpoche often tells people they are lucky to have a problem. In other words embrace the symptom...take it on willingly for the sake of others. Karma does not mean you are doomed. Rather it leaves you more in control than if you are a random victim of a mutation or bacteria in a random universe - because karma can be purified. It also helps if someone who can see your karma can prescribe your practices, as we see in the book!

One member cautioned that we have to be careful in voicing the view that illness comes from the mind or from karma to non-Buddhists as there is a fine line between telling people they brought about their illness and saying they deserve it! Most sick people are feeling miserable enough between physical pain, anxiety, loss of income and the feeling they are a burden, to cope with this idea. What they do need is our wholehearted and unqualified compassion.

In the words of Rinpoche "All healing comes from the compassionate mind. The greater is your compassion the greater is your healing power. The greatest obstacle to healing is your own ego."

Lesley McSharry



Membership

Hayagriva would like to extend a warm welcome to new and renewing members:

Cindy and Ian Armstrong, Matthew Dimmick, Viv Cockayne, Sarah Kohzad, Poh-Yoke Choe, Fiona Low and Pixie Murray.

Please find a renewal/ application form enclosed. Members of HBC are eligible for discounts on some courses and merchandise and can borrow books from the library.

Correction

Correction to previous newsletter: The Mani Retreat in Ulaanbaatar, Mongolia with Lama Zopa Rinpoche has been moved to the following year - August 1-30 2013

Thankyou to All Volunteers

There are so many people who volunteer their time to help out around HBC. THANKYOU! This includes a big thankyou to Matt Dimmick and his team for their work taming Venerable Dondrub's garden. If your outdoor space needs a new look contact 'Take it Outside' via the details on the right.

Matt Dimmick

0433 005 825
takeitoutside@bigpond.com
www.takeitoutside.net.au



Hayagriva Buddhist Centre

Spiritual Director: Kyabje Thubten Zopa Rinpoche.

Resident Teacher: Geshe Sonam and Ven. Dondrub

Sangha: Ven. Losang Chodron & Ven. Thubten Drolma.

Director: John Waite. **Assistance Director:** Vacant

Spiritual Program Coordinator: Susan di Bona.

Meditation & Puja Leaders: Ven. Thubten Dondrub, Ven. Thubten Drolma, Greg Carr, Owen Cole, Dave Webb, Christine Turley, Jude Carter, Rob & Kirsty

Secretary: Cindy Armstrong. **Office Manager:** Pat Moss.

Treasurer: Ling Lee. **Librarian, PR:** Marlene Robins

Executive Committee: John Waite, Susan di Bona, Cindy Armstrong, Ling Lee, Pat Moss, Marlene Robins & Karl Matacz.

Wheel of Life Hospice Service: Len Warren.

Building and Grounds Coordinator: Paul Turner.

Gompa Care: Lorna Carroll & Jarka Kubalcik.

Teacher Care: Felicity Westcott & Sandy Willoughby.

Welcome Volunteers Roster: Pat Moss (Acting)

IT and Website: Mike Glance & Geoff Hitchmough.

Membership Coordinator: Heike Behrbohm.

Hayagriva Shop: Lewanna Newman.

Newsletter: Jude Carter (Editor) & Wee Kee Ng (Layout).

For other enquiries contact the Centre by

Email: welcome@hayagriva.org.au

Phone: (08) 9367 4817

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Wheel of Life Hospice Service: Len Warren.